

Lauren Sowa

AEA / SAG-AFTRA Eligible
www.laurensowa.com
laurensowa@gmail.com



ENCOMPASS ARTS

Kathy Olsen
119 West 72nd St
New York, NY 10023
212-439-8055
www.encompassarts.com

FILM / TELEVISION / WEB

THE UNEXPLAINED DISAPPEARANCE OF KARLA MARKS (<i>upcoming</i>)	Supporting	Invasive Image / Dir. Kurtis Spieler
THE RAINBOW EXPERIMENT	Lead	Writers Improv Studio / Dir. Christina Kallas
42 SECONDS OF HAPPINESS WAY	Lead	Writers Improv Studio / Dir. Christina Kallas
CAFÉ ARTIST	Supporting	Tangible Matter / Dir. Pedro Carmo
SADIE	Lead	Ghazo Pictures / Dir. Christoph Bell
WALK-UP	Lead	Invasive Image / Dir. Kurtis Spieler
MY SWEET REVENGE	Supporting	www.walkup.tv / Dir. Matt Patches
COME TO KNOW	Lead	Rough Water Films / Dir. John DiThomas
HOMESICK	Supporting	Maine Studios / Dir. Ian Clough
PURPLE	Supporting	Emerson Thesis Film / Dir. Bill Dempsey
PASSERSBY	Supporting	NYU Tisch Film / Dir. Jonah Greenstein
STILL	Supporting	NYU Tisch Film / Dir. Cyrus Toulabi
UNPROTECTED	Lead	NYU Tisch Film / Dir. Ben Nelson
GERALD UNPLUGGED	Supporting	NYU Tisch Film / Dir. Joel Kingsbury
BEASTS	Supporting	Columbia MFA Film / Dir. Bob Jeffery
		Columbia MFA Film / Dir. Axel Ohman

TRAINING

BFA in Drama with Honors from NYU's Tisch School of the Arts

Classical Text / Verse Work:	Louis Scheeder, Tim Carroll, Ray Virta
Meisner Technique:	Vicki Hart, Darci Picoult
Voice and Speech:	Donna Germaine, John Van Wyden
Stage Combat:	David Brimmer (unarmed)
Music Performance:	John Ruocco
On Camera:	Heidi Marshall
UCB Improv:	101: Morgan Grace Jarrett, 201: Patrick Clair, 301: Shaun Diston

SKILLS

UCB Improv, Singer (Soprano), Vinyasa Yoga, NY Driver's License **Accents/Dialects:** British RP, Cockney, Irish, Southern. Dance (20yrs) Jazz, Contemporary, Tap, Ballet, Ballroom. Ukulele (2yrs)